

Re-set, get ready and return!

Who to talk to and how

Tip 1

Your Year Team are the most important part of your support team in school.

Do you know where to find them?

Tip 2

Your form tutor sees you every day and is always there to support you with the big and small stuff!

Tip 3

If you prefer not to speak to anyone face to face, log in to our Tootoot app to ask for help and support from your year group.

Tip 4

Every member of staff in school is here to support you at any time. Just ask!!

Tip 5

If you are feeling unsafe or are very worried about something to do with yourself or another person, Mrs Stott (safeguarding Lead) is available to help. Email her or ask your year team.

